



# JUST MOVE IT!

WIC recommends that your  
child, \_\_\_\_\_, participates in  
at least 30 minutes of physical activities every day.

Physical  
Activity can  
always be  
made  
into a game!  
Try the



- ★ DANCING  
"Freeze Dancing"
- ★ PLAYING CATCH  
"Scooper Catch"
- ★ WALKING  
"Moon Exploration"
- ★ SKIPPING  
"Butterfly Hop"
- ★ JUMPING ROPE  
"Hip Hop"
- ★ SCAVENGER HUNT  
"Finder's Keepers"
- ★ OBSTACLE COURSE  
"Over, Under, Around  
& Through"
- ★ CLEANING  
"Sparkle"
- ★ RAKING LEAVES  
"Leaf Piles"
- ★ SHOVELING SNOW  
"Snow Birds"
- ★ MAKING A  
SNOWMAN  
"Frosty Time"
- ★ JUMPING JACKS  
"Fast, Slow,  
High, Low"
- ★ HOUSE BOWLING  
"Juicy-Crunchy  
Bowling"
- ★ NERF SOCCER  
"Kick It!"
- ★ SWEEPING  
"Swish, Swish"
- ★ PARADE  
"Animals on Parade"
- ★ MARCHING  
"March to Music"



Physical Activity  
will help your whole fami-  
ly...

By decreasing:

- stress
- tiredness
- high weight
- "out of shape"
- stiffness
- low self-esteem

By preventing:

- overweight, obesity
- heart attack
- mental problems
- certain cancers
- high blood pressure
- weak bones

# Physical Activity Prescription for

Have your child color in a star for each activity they do.  
Encourage them to be active at least 30 minutes each day.

## Some Suggested Activities

- ★ Dancing
- ★ Playing Catch
- ★ Walking
- ★ Skipping
- ★ Jumping Rope
- ★ Scavenger Hunt
- ★ Obstacle Course
- ★ House Bowling
- ★ Nerf Soccer
- ★ Sweeping
- ★ Cleaning
- ★ Raking Leaves
- ★ Shoveling Snow
- ★ Making a Snowman
- ★ Jumping Jacks
- ★ Parade
- ★ Marching

OTHER ACTIVITIES:

- ★ \_\_\_\_\_
- ★ \_\_\_\_\_

Week 1 Week 2 Week 3 Week 4

